ONLINE SHOPPING GOES MAINSTREAM, PG7

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VANCOUVER • TUESDAY, NOVEMBER 18, 2008
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Celebrity Buzz

Lindsay looking to leave Sam?
pg 18

Shanghai trial begins in B.C. model's murder

CHINA The trial of an 18-year-old Chinese man accused of murdering a Saltspring Island model began yesterday in Shanghai.

It lasted two hours and the session ended without a sentence being handed down.

Diana O'Brien

Chen Jun has been charged with the death of Diana O'Brien, 22, who was found dead in her Shanghai apartment on July 7.

O'Brien was working for a Shanghai-based modelling agency, JH Model Agency, and had worked for Victoria-based Barbara Coultish Agency.

Chinese police said Chen confessed to following O'Brien to her building to rob her and when she resisted he stabbed her to death.

Prosecutors said he took her laptop, a digital camera and some money.

He was arrested in an Internet café five days later and could face the death penalty if convicted.

KRISTEN THOMPSON /METRO VANCOUVER

Day's work — Editor's seat

RAFE ARNOTT/METRO VANCOUVER

Singer James Blunt reads the copy of Metro Vancouver that he helped edit before performing at G.M. Place last night. The acclaimed musician was the guest editor of more than 100 Metro editions published yesterday around the world.

Another cop faces DUI charges

MONICA MARTINEZ
for Metro Vancouver

A member of the Vancouver Police Department is the fourth Lower Mainland officer facing drinking and driving charges — the third such incident involving police over the last month.

The 30-year-old patrol constable, with three and a half years of experience, was off-duty when a marked police car saw a vehicle weaving on Knight Street at about 4 a.m. on Sunday. The car was pulled over and the driver failed two breathalyzer tests.

"The charges have been forwarded to the Crown but they have not been approved yet so we cannot release his name," Const. Tim Fanning said yesterday.

The incident follows two alleged drunk driving cases in October involving police officers.

New Westminster Const. Tomi Hamner, 47, was arrested on Oct. 16 after an unmarked police car crashed into a highway sign. The driver failed two breathalyzer tests.

On Oct. 25, RCMP officer Cpl. Benjamin Montgomery Robinson, 38, was arrested in Delta after a Jeep collided with a motorcycle killing 21-year-old Orion Hutchison. Robinson faces charges of impaired driving causing death when he appears in provincial court on Jan.15.

After those officers were charged, police revealed that Cpl. Darren Baker, a North Vancouver RCMP school liaison officer, is also facing drunk driving charges related to a Dec. 15, 2007 incident. He appears in court on Jan. 29.

To Bob Rorison, president of the Vancouver chapter of Mothers Against Drunk Driving, these incidents are deteriorating the credibility of the police.

"I'm disappointed. It tells me they are ignoring the reality of what they already know," Rorison said. "Let's have our police protecting us on the road so we can trust them."

ShareYourViews

vancouverletters@metronews.ca

Entertainment pg 14

It's all OK with Serena Ryder

Please recycle

Rescue crews reach plane crash site where 7 died

WRECKAGE Search and rescue crews hiked half a kilometre yesterday morning to reach the site of a plane crash on Thormanby Island near Sechelt that killed seven of eight passengers.

A 35-year-old Edmonton man was the lone survivor of the crash, escaping just before the plane exploded. Tom Wilson is recovering in a Vancouver Hospital from cuts and burns.

The Pacific Coastal Air Drummond Goose plane took off from Vancouver International Airport on Sunday at about 10 a.m. and was headed for Powell River. It crashed 20 minutes into the flight.

The plane had been delayed for two hours due to low-lying clouds before taking off in bad weather, the Transportation Safety Board has confirmed.

Five of the passengers — Kyle Adams, Jerry Burns, Ajay Cariappa, Wally Klemens and Matt Sawchenko — were employees of Peter Kiewit Sons, CBC News Online reports. A Finnings employee and a Pacific Coastal Airways pilot have yet to be identified.

Yesterday, the family of one of the victims attempted to get close to the site but were turned away by RCMP.

"I don't think it's something they would want to see," said RCMP Cpl. Peter Thiessen.

A "no fly" zone over the wreckage has been in place since Sunday.

RCMP police and investigators are set to return to the crash site this morning to remove the bodies.

MARIA COOTAUCO /FOR METRO VANCOUVER

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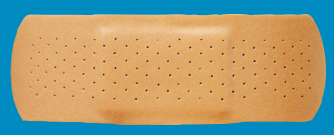
Author to tell endangered fish tales
Victoria biologist and author Brian Harvey will be at the Vancouver Aquarium today to celebrate the release of his new book, The End Of The River. Harvey will host an interactive slide show and share stories of his worldwide travels to save endangered fish. METRO VANCOUVER

Local



Johnson & Johnson severs ties with IOC

It will take more than a Band-Aid to fix the IOC's latest financial injury. Johnson & Johnson yesterday announced it won't be renewing its sponsorship deal with the IOC. Vancouver 2010 now needs to find another official health-care products provider to act as a top-level sponsor. METRO VANCOUVER

KRISTEN THOMPSON

Gregor Robertson in a scrum.

Robertson aims for 'real action'

TRANSITION Vancouver's new Olympic mayor yesterday drew a big crowd at his first press conference since being elected, as media and spectators swarmed to hear his plans for transition.

Robertson said he wants to spend the next three weeks getting his transition team together so he can hit the ground running on Dec. 8 when he is sworn in.

"I want to be mayor to get things done, so I want to see real action flowing right from Dec. 8 forward."

Robertson reiterated his pledge to hold a public council meeting on the Olympic Village loan, adding he plans to find out why the city's chief financial officer resigned yesterday.

KRISTEN THOMPSON/METRO VANCOUVER

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Read Kenya Hunt's DIY tips for sprucing up a vintage wardrobe at **metronews.ca/globalstyle**

Doctor links healing, sexuality

KRISTEN THOMPSON
kristen.thompson@metronews.ca

It's a catch-22. Healthy sexuality is an inherent aspect of an individual's well being, but many cancer survivors suffer sexually as a result of treatment or the psychological trauma of diagnosis and surgery.

Feeling sexual would help them heal, but it's difficult to reach that goal without feeling sexual.

Maureen Noel had a hysterectomy after being diagnosed with cancer and said the sexual part of you "can just die" while going through the stress of illness — both for the victim and their partner.

"Your sense of being a woman and a sexual being really fades into the background," she said, adding that she lost her desire because of the pain of the operation and because of her altered body image.

Dr. Lori Brotto, an assistant professor at the University of B.C.'s department of obstetrics and gynecology, said Noel's story is common. On Saturday, Brotto will be speaking at the B.C. Cancer Agency's Community Cancer Forum in Vancouver to address those issues.

"Sexual health is an integral component of quality of life and sense of self," she said. "(For some survivors) it's a reminder that they're still alive and still have that capacity, and not being sexual is experienced as another loss."

Noel overcame her problems by speaking to her doctor and participating in a sexuality and cancer study by Brotto.

She said having someone to talk to helped her overcome her shame and reconnect with her feminine side to feel "normal and whole" again.

Cancer forum

- The B.C. Cancer Agency's free Community Cancer Forum will be held at the Westin Bayshore from 9:30 a.m. to 3:30 p.m. on Nov. 22.
- For more information, visit bccancer.bc.ca/community-cancerforum.

Forgiving killer helped Virk family find peace

JUSTICE Forgiving one of their daughter's murderers helped keep the Virk family together and lightened their collective burden, the parents of slain Victoria teen Reena Virk said yesterday.

"It was a very hard decision to make," Manjit Virk recounted to an audience at Simon Fraser University's Burnaby campus. "How can I go see a person who killed my daughter?"

Eventually, Manjit and his wife, Suman, decided to forgive Warren Glowatski for his role in 14-year-old Reena's 1997 murder.

"I softened my heart," Manjit said. "I figured out that if he can have a lighter heart now, if I can relieve some of his pain and he can move on in society and be a useful member, I should do that."

The Virks spoke about how easy it was for Reena to slip through the cracks of the system that was supposed to be protecting her.

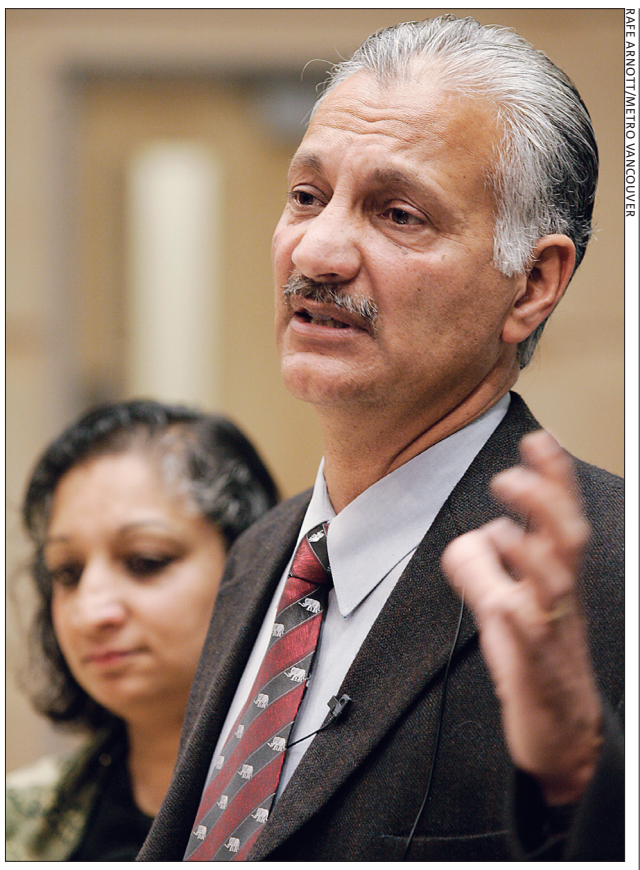
Reena had crafted lies of abuse at the hands of her parents so that she would be put in a foster home — an act her mother thinks was meant to gain her acceptance with classmates.

"Reena had systematically lied to all these authorities," Suman said. "She had manipulated the system to believe her lies."

Powerless in a system set up to protect children at all cost, the Virks could do little to help Reena. Looking back now, Manjit has finally made peace with himself.

"We just did the best we could," he said. "When I think ... could I do anything different? Probably not."

MARIA COOTAUCO/ FOR METRO VANCOUVER


RAFE ARNOTT/METRO VANCOUVER

Manjit Virk, right, and his wife, Suman, speak with criminology students at SFU yesterday about their daughter's murder.

City finance chief Estelle Lo resigns

LETTER Vancouver's director of finance, Estelle Lo, officially handed in her resignation letter yesterday morning.

It didn't include reasons for the resignation, which followed weeks of speculation Lo was quitting over the $100-million Olympic Village bailout deal. Lo was the highest-ranking Chinese-speaking bureaucrat at City Hall. Deputy city manager James Ridge will handle her duties until the job is filled. MARIA COOTAUCO/ FOR METRO VANCOUVER

News in brief

ROBBERIES Surrey police are asking for help finding a man suspected of five recent armed robberies. In one case, the suspect entered a service station, pointed a weapon at a woman's head and stole her purse. The thefts happened on Nov. 16 at service stations and food outlets. METRO NEWS SERVICES

The Cheer is Here.

It's that Red Cup time of year again. When we welcome the cold, as long as we've got something warm to hold on to. When we watch hokey old movies we've basically memorized, and even so, we still cry at the end. When even the most jaded and cynical start seeing the world in new, blinking lights.

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Montreal firebomber gets four years

One-half of a Montreal duo accused of firebombing two Jewish institutions was sentenced yesterday to four years in prison for what a judge described as a terrorist act. Azim Ibragimov, 25, pleaded guilty to tossing a Molotov cocktail at a Jewish school in September 2006. METRO NEWS SERVICES

Canada

Mad cow case confirmed

The Canadian Food Inspection Agency confirmed its 15th case of mad cow disease since 2003 yesterday and identified the animal as a seven-year-old dairy cow born well after Ottawa banned feed practices thought to spread the disease. The group said no part of the animal's carcass entered the human food or animal feed supply. The cow was discovered on a farm in British Columbia. REUTERS

News in brief

CRIME An Alberta man accused of slaying his underage girlfriend's family was the means, and she was the motive, the Crown said yesterday on the first day of a triple murder trial in Calgary, CBC news online reported. Jeremy Steinke, 25, is charged with three counts of first-degree murder in the slaying of a Medicine Hat couple and their eight-year-old son in April 2006.

ECONOMY Finance ministers of the Group of 20 leading developed and developing nations will meet by March 31 to follow up on the weekend's Washington summit, a senior Canadian government official said. The G20 summit communiqué had committed finance ministers to implement a series of high-priority actions by March 31. It did not specifically mention a ministerial meeting by then. REUTERS

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CHRIS WATTIE/REUTERS

Worker Marie-Rose Angers cleans the Speaker's chair in the Senate chamber in preparation for the return of Parliament in Ottawa today. The throne speech is expected tomorrow.

Throne speech to focus on economy

Economic tough times are forcing the government to rewrite the script for tomorrow's throne speech, scrapping a "laundry list" of priorities in favour of a speech focused on the financial woes buffeting the nation.

Michaëlle Jean

The throne speech that Governor General Michaëlle Jean will deliver tomorrow at 2 p.m. will send a clear signal to MPs and the nation that the economy will be the "dominant" focus of the parliamentary session that resumes today.

"It's less a prescriptive laundry list of policies and actions the government intends to take. It's heavily focused on the economy and less specific on other areas," an aide to Prime Minister Stephen Harper said yesterday. TORSTAR NEWS SERVICE

Asthma misdiagnosed: Study

HEALTH Some 30 per cent of adult Canadians diagnosed with asthma do not actually have the disease, new research out of the University of Ottawa suggests.

That would mean as many as half a million people in Canada are inhaling potentially dangerous steroid medications — and spending hundreds to thousands of dollars a year on them, says Dr. Shawn Aaron, head of respiratory medicine at the school and the lead study author. TORSTAR NEWS SERVICE

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Pirates capture Saudi supertanker

Somali pirates have captured a fully laden Saudi supertanker far off east Africa, seizing the biggest vessel ever hijacked with a cargo of oil worth over $100 million in an attack that pushed world crude prices higher. REUTERS

World

Ex-rivals pledge to work together

President-elect Barack Obama, left, and vanquished rival John McCain, far left, met for the first time since the Nov. 4 election yesterday, pledging to work together to face the financial crisis and reduce government waste. The two men were laughing and joking against a backdrop of American flags at Obama's presidential transition headquarters, a far cry from the bitter back and forth they engaged in during the campaign. REUTERS

Bolivia **Very old footsteps**

DAVID MERCADO/REUTERS

Bolivian farmer Primo Rivera stands in an area called Tunasniyoj where he made a new discovery of dinosaur footprints near Icla on Sunday. This discovery is dated by Argentine paleontologists at 144 million years old, and contains some 300 footprints from two types of dinosaurs.

Virgin verdict overturned

A French appeals court yesterday overturned a ruling by a lower tribunal that annulled the marriage of a Muslim woman accused of lying about being a virgin.

The marriage was annulled earlier this year when a court held that the woman had lied over what is called in French law an "essential quality", in this case her virginity. It ruled that the marriage contract was therefore invalid.

The case sparked outrage from both feminists and human rights activists shocked that a court could consider virginity an "essential quality". Some politicians also expressed concern that conservative Muslim values were creeping into French law.

Following the public uproar, the government ordered an appeal. The court ruled that virginity "is not an essential quality in that its absence has no repercussion on matrimonial life." REUTERS

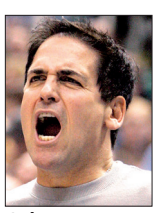
Background

- The couple, a computer specialist in his 30s and a trainee nurse in her 20s, were married in 2006 in the northern French city of Lille, but the husband rejected his wife after discovering on the wedding night that she was not a virgin.

Cuban charged with insider trading

SEC Mark Cuban, owner of the Dallas Mavericks professional basketball team, was charged with insider trading in shares of Mamma.com Inc., an Internet search engine firm, the Securities and Exchange Commission said on yesterday.

Cuban, one of the five finalists to buy the Chicago Cubs pro baseball team, faces civil charges by acting on nonpublic information and selling his entire stake in Mamma.com to avoid more than $750,000 US in losses, the SEC alleged.



Cuban

Cuban, listed by Forbes magazine as one of the 400 richest Americans with an estimated net worth of $2.6 billion US, said he intends to contest the allegations. On his blog, Cuban said the matter has no merit and is the result of gross abuse of prosecutorial discretion. REUTERS

Inauguration scalpers targeted

TICKETS People trying to sell tickets to Barack Obama's inauguration as the 44th president of the United States may face a fine of up to $100,000 US or a year in prison, if a U.S. senator has her way.

The bill, introduced yesterday, proposes prohibiting the sale of inaugural tickets. REUTERS

News in brief

ACID Students are slowly returning to classes at a Kandahar City girls' school following an attack last week that left several girls with acid burns on their faces. The students were seriously burned after two men on a motorcycle threw acid on them as they walked to their classes. CBC NEWS ONLINE

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Cash-strapped GM sells back its stake to Suzuki
General Motors Corp. will sell back its three per cent stake in Suzuki Motors Corp. for $232 million US as part of the struggling automaker's efforts to raise cash. Suzuki will pay 1,363 yen (Monday's closing price) per share to buy back the stake. REUTERS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

More layoffs, bailouts and recessions

ECONOMY Japan became the latest major economy to fall into recession after European economies, and Citigroup said yesterday it would cut 52,000 jobs, or 15 per cent of its workforce, in one of history's largest layoffs.

Recognizing that the auto industry is bearing the brunt of the global slowdown, the U.S. Senate debated a bailout of American car firms, Germany said it was ready to guarantee funds for General Motors Corp.'s Opel unit, and Japan's Toyota came under ratings scrutiny.

Following the G20's unfruitful weekend meeting, the IMF said it needed at least $100 billion US in extra funding to fight the crisis. REUTERS

Online shopping sees quick growth

Online shopping in Canada rose dramatically in the last two years, according to Statistics Canada, but at least one survey shows that trend could reverse this holiday season.

Canadians spent $12.8 billion online in 2007, the federal agency said yesterday. That's a 61 per cent increase over 2005, Statistics Canada noted. The volume of sales also grew, 40 per cent, to 69.9 million items.

The trend didn't surprise Jim Okamura, a consultant with J. C. Williams Group Ltd.

"We've clearly been seeing this growth happening," Okamura said. Consumers are getting more comfortable with the idea of shopping online and more retailers are competing in the online space, he explained.

However, there are growing signs that online spending is slowing along with other forms of shopping, another victim of the wider financial and economic malaise gripping the globe.

Online behemoths such as Amazon.com and EBay both lowered their fourth-quarter financial forecasts last month citing slowing consumer spending in the U.S., their biggest market. Both operate in Canada.

One survey, conducted for Deloitte & Touche, showed Canadians planned to do less online shopping this holiday season.

"My interpretation ... with less cross-border shopping there would be less use of the Internet for certain kinds of shopping," said a Deloitte partner.

TORSTAR NEWS SERVICE

Spain **Pro-Tibetan protests**

ALBERT GEA/REUTERS

Pro-Tibet demostrators protest before the opening ceremony of the Global China Business Meeting in Barcelona yesterday, where business leaders examined the state of the global economy and China's role in warding off a global recession. REUTERS

In **brief**

OIL TransCanada Corp. said it plans to issue up to $1.16 billion of stock to fund projects like Keystone oil pipeline — its second offering in half a year against a backdrop of weak financial markets. It had earlier said it would secure credit lines instead. REUTERS

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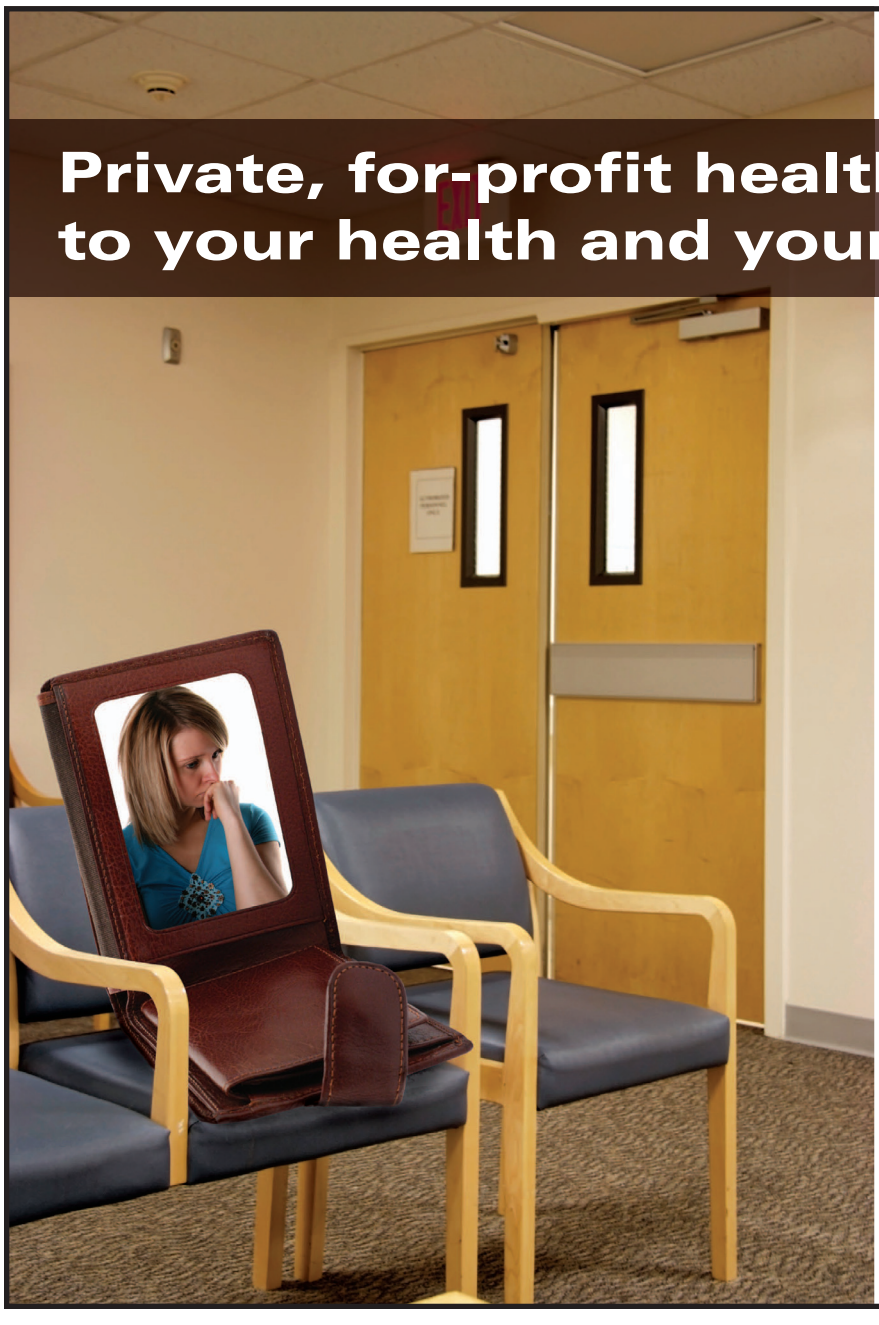
see ad in Your Money section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Comment & Views

Comment

Hoping for harmony

Signs pointing to more peaceful Parliament

NationalReport

Lawrence Martin

After five months of downtime, our palace of "dysfunction" as the prime minister called it, reopens today. We recall Parliament was shut down — and an election held — because it got so unruly they were thinking of handing out construction helmets.

The farces piled up. Everything short of bills stipulating new doorknobs for the parliamentary restaurant was declared a vote of confidence. Mini matters, such as an MP viewing his barely-clad girlfriend on his laptop, became the talk of scandal.

The inmates can surely do better than this — and in this 40th parliament there is hope the discord can be turned to harmony. A global economic crisis tends to focus the mind beyond the flimsy.

We have a prime minister who seems less uptight than he was in his first confrontational term when it was like he was on a baby-seal hunt. Stephen Harper met with the premiers last week, making peace around the table. He met with his party flock in Winnipeg and, sounding like he's becoming attuned to the Canadian mainstream, issued a warning against being ideological. He sat down with world leaders in Washington to gain a greater global perspective.

Prior to this, he appointed a new House leader, Jay Hill, who promises to be more accommodating than the last one. He has given his members permission to vote for a new Speaker — the vote is today — to try and replace the current one, Peter Milliken, who has been unable to control the chamber.

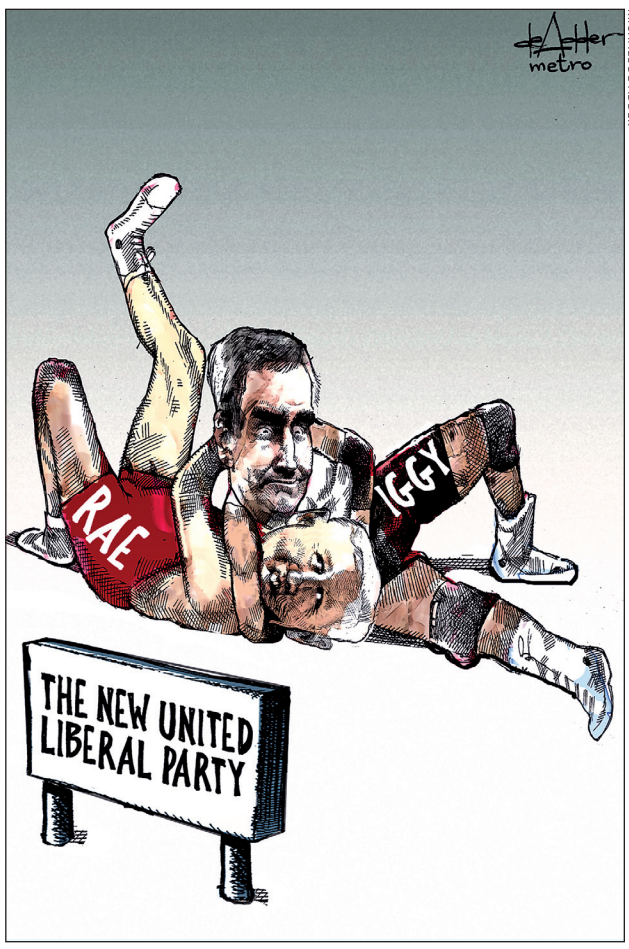
We have a prime minister who seems less uptight than he was in his first confrontational term when it was like he was on a baby-seal hunt.

The Liberals are in the course of electing a new leader, meaning there should be no attempts to bring down the government for at least a year to come. The opposition parties will rant and rave about the government heading into deficit, but it's a red herring. There's nothing wrong with running a modest deficit, as Mr. Harper has stated, as long as it isn't for the long term.

The example of a new more mature government in the U.S. may spread here and elsewhere. There is a wide sense, given the looming global crisis, that co-operation should replace confrontation. In Washington it was a group of 20 leaders — Paul Martin's original idea — that met instead of the unrepresentative G8. In Afghanistan, the president is inviting the Taliban for peace talks, something our government should be encouraging.

After a first term in which he seemed to spend more time undermining democracy than adorning it, Stephen Harper appears to have moved beyond the point of petty squabbling. Other political leaders in Ottawa will hopefully show the same rational spirit. It's no time for the small stuff.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Privacy, security go hand in hand

By DR. ANN CAVOUKIAN, PhD

For more than a decade, I have been advancing the concept that technology has the ability not only to encroach upon privacy – but also to protect it. Since the 1990s, I have been advocating that we can eliminate the "zero-sum" game of sacrificing privacy in favour of security – but only if we address how to protect privacy while we are creating new security technologies.

In other words, we must opt for a "positive-sum" scenario wherein privacy and security can both co-exist. In doing so, we enlist technology to protect privacy and safeguard personal information through privacy-enhancing technologies, called PETs.

When applied to technologies of surveillance, PETs can literally transform a security technology to one that is protective, rather than invasive, of privacy — hence my term for them: transformative technologies. But this can only happen if privacy is built directly into the architecture of a technology, at the developmental stage. I call this "privacy by design" — embedding privacy into the design specifications of whatever technology is involved.

Dr. Ann Cavoukian

One example of this is the new Enhanced Drivers' Licences (EDLs) that at least four provinces are developing. Starting next summer, Canadians who are not carrying a passport must have an enhanced drivers' licence that meets U.S. standards in order to cross the U.S. border. B.C. already has a pilot project under way, and Ontario, Manitoba and Quebec will soon be launching EDL programs. A number of other provinces are considering this. These enhanced drivers' licences must include a radio frequency identification (RFID) tag in order to be accepted at the U.S. border. However, RFID tags are vulnerable to a number of security weaknesses that leave them open to eavesdropping, surveillance and identity theft.

That is why we must prevent the unauthorized disclosure of the information embedded in an RFID chip. Currently, the suggested method for allowing cardholders a measure of privacy is to provide them with an electronically opaque sleeve, called a Faraday Cage, which would block the transmission of information from the RFID. However, the truth is that most people won't remember to use the sleeve. In my view, the simplest and most elegant solution would be to add an on/off switch to the RFID chip. And this is becoming quite feasible. There are already several companies that have successfully developed and tested "on/off" switches for RFID chips.

We can achieve privacy without losing functionality, but only if we lead with privacy and embed it into the design and architecture of all new technologies — a true win/win for everyone.

Dr. Ann Cavoukian is the Information and Privacy Commissioner for the province of Ontario.

Letters

Jason Setnyk, CORNWALL, ONT.

Terrorists have thrown acid in the face of freedom. I was horrified by the news that some school children, including young girls, were brutally assaulted and scarred for life.

It is a stark reminder that the job in Afghanistan is not over. From 1996 to 2001, the Taliban ruled, and they eliminated women's rights. The Taliban lost the war in 2001, they lost power, and now a new generation of women has hope.

Attacking these young girls might stop some Afghan parents from sending their children to school. But this brutal assault has shown the world what these thugs stand for. It will only inspire the Afghan people and the troops stationed in Afghanistan to continue fighting hard until the streets are safe, and women there are treated with respect and equality.

Ricardo Di Cecca, BURLINGTON, ONT.

Re: Portrait of Contempt, Nov. 13

There is an under-reported reason as to why so few voted on Oct. 14.

The electorate had no viable political party to address today's moral issues. In reality, it remains near impossible to find a party that speaks cogently, eloquently and coherently about matters of penultimate values.

Consider the squandered parliamentary vote on the redefinition of marriage, the run-amok human rights commissions, the divisive naming of an abortionist to the Order of Canada and, most recently, the Harper government's initiative to squelch C-484 (unborn victims protection bill).

When debate is limited and/or avoided, it will always result in stay-at-home, disenfranchised voters.

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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

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SmartCookies

In recent months, the term "rock bottom" has been closely linked to speculation around our financial markets, or even the recent drop in the prices of real estate. However, for the five of us, the expression has a more personal meaning. Fortunately, the outcome of our individual all-time lows turned out to be positive ones.

For Andrea, her financial rock bottom came in her late 20s, several years into her career in marketing. After getting a promotion, she had accumulated close to $20,000 in consumer debt, the majority of which was spent on designer coffees, stylish jackets and dinners out with friends. After racking up two credit cards, as well as her line of credit, she soon found herself dodging creditor's calls at work. But Andrea's all-time low came when she was asked to go on a work trip to Denver and to expense the flight and hotel on her credit card. Problem was — she couldn't.

Katie, a thriving publicist, knew she was in trouble when she found herself anticipating her fiancé's time on the golf course. Why? Because his golf games translated into four uninterrupted hours of shopaholic spending. It was only when her fiancé stumbled across a $300 tag for Katie's 13th pair of designer jeans that she realized she had a problem.

Whether you are lying about money or just lying about the type of life you can afford to live, we have been there. We came, we spent, we delved deep into debt and, for us, salvation finally came in the form of a money group. After finding each other, what we were never able to achieve financially as individuals, we were able to do with the support of one another.

Forming a money group is the simplest way to commit to changing your spending patterns. Just like the anticipation of a weigh-in, there is nothing like knowing you will have to confess to your impulse purchases at this week's money group, to prevent you from overspending.

Whether you know people who want to start a money group, or are looking to start one, smartcookies.com offers tools to help you on your way. We may even know of groups in your area. To share a story, e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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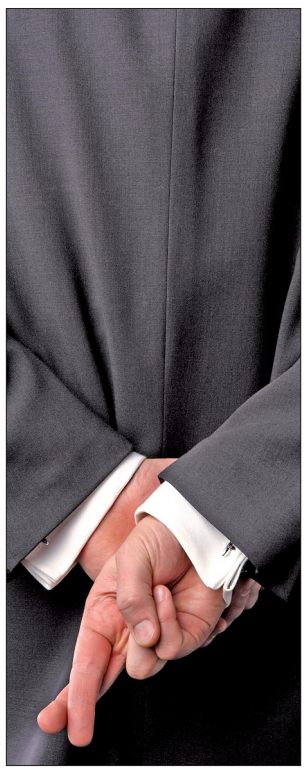
Financial advice for students

Are you in school and find yourself struggling with your student debt in the midst of this recession? Visit rbcroyalbank.com/student for some tips for managing finances and debt. METRO NEWS SERVICES



Scam artists prey upon individuals in times of economic hardship — like now.

Scam sharks smell blood

Beware of deals that are too good to be true

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q I am married with a beautiful six-month-old baby girl. Several months ago, my wife got laid off from her job. I earn a decent salary but it's very difficult with one income. She would like to start up a small business. We were offered start up capital at two per cent interest rate. The broker requires a 10 per cent deposit to secure the financing. Is this a good deal? Sal

A Canadians should brace themselves for a slowing economy, with difficult times ahead for many businesses and individuals.

In difficult times, individuals should be more diligent. Scam artists prey upon individuals in times of economic hardship. They have no remorse and do whatever it takes to steal your hard-earned money. They use catchy lines like "Easy money," "No experience needed," "Lots of money for little work."

You already know the old cliché: If it sounds too good to be true …

It is illegal to ask for money upfront for a loan, prior to an agreement. Don't be too quick to write a cheque. There are many different fraudulent schemes and scams out there. Some are old, some new, and others old with a new twist.

Regardless if the face is jolly with a red suit, watch out for some of these fraudulent schemes:

- Loan scams that ask for money in advance of an agreement or the loan
- Identity theft and credit cards scams
- Billing scams that ask for payment, although no service was performed or goods sold
- Home-based business scams
- Pyramid and MLM schemes that require a fee for recruiting people, not for selling products
- Charitable donations for computers, developing countries, etc., that offer tax refunds greater than your contributions.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

It's never too early for these tax tips in 2009

Looking for tax relief? You are not alone — a recent poll by the Canadian Taxpayers Foundation found that 65 per cent of Canadians say federal personal income-tax rates are too high.

There are some simple steps to ease your tax bill:

Maximize your RRSP

Invest some of your salary or income in an RRSP, the government will give you a current deduction for that amount and tax any income when it is withdrawn, rather than when it is earned. Your tax statement from last year will tell you the maximum amount you may contribute to your RRSP for the tax-year ending December 31.

"If you receive a tax refund from Ottawa, I recommend socking those dollars away in a TFSA and start saving right away." Dennis Tew, CFO

Save for a rainy day with a Tax-Free Savings Account (TFSA)

Starting in 2009, you may contribute up to $5,000 a year to the new Tax-Free Savings Account. Contributions to a TFSA are not tax deductible but the income or gains you earn in the account will be tax-free.

"The TFSA is a great means to supplement your long-term savings plan," said Dennis Tew, chief financial officer of Franklin Templeton Investments Corp. "If you receive a tax refund from Ottawa, I recommend socking those dollars away in a TFSA and start saving right away."

Take advantage of investment losses

Markets can be volatile. It may make sense to sell that money-losing investment, property or asset. The loss can then be used to offset any capital gains you may have incurred from better-performing securities or assets you may own. If net capital losses cannot be used in the current tax year, you may be able to carry them back to recover tax paid in prior years.

Check with the CRA or visit franklintempleton.ca for more tips. NEWS CANADA

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Investing

Allan Small

The week's column looks at the market's behaviour. Visit metronews.ca

Gilmour to coach Frontenacs
Former NHL star Doug Gilmour left his coaching job with the AHL's Toronto Marlies to take on head coaching duties with the OHL's Kingston Frontenacs. METRO NEWS SERVICES

Sports

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BRUCE BENNETT/GETTY IMAGES

Henrik Sedin, top, of the Vancouver Canucks flies over Radek Martinek of the New York Islanders last night at Nassau Coliseum in Uniondale, N.Y. The Islanders defeated the Canucks 2-1 in a shootout.

Canucks shot down

NHL RESULTS

Canucks 1 Islanders 2 (SO)

VS

SCOTT RINTOUL
Metro Vancouver

THE SKINNY: Frans Nielsen scored the only goal of the shootout as the Islanders extended their winning streak to a season-high three games. Pavol Demitra opened the scoring just 49 seconds into the game, but Joey Macdonald held the Canucks at bay for the next 64 minutes. Doug Weight scored a power-play goal for the Islanders in regulation, though it was Vancouver defenseman Shane O'Brien who tipped the puck past Roberto Luongo.

THE FIT?: Pavol Demitra looked very comfortable with the Sedins in his first game as a winger with the twins. The trio produced Vancouver's only goal of the game and combined for nine of the Canucks' 32 shots. through his legs at 9:40 and giving up a big rebound to Hunwick before he scored his first NHL goal at 13:18.

THE STAT: Here's another reason the Canucks need to stay out of the penalty box: Luongo has only allowed one even-strength goal this month. The other six have been power-play markers.

THE DOGHOUSE: A game after being benched in the third period, Mason Raymond was demoted to the fourth line and saw his ice time cut to just over 10 minutes against the Islanders. He struggled playing the point on the power play and took a pair of penalties in his fifth straight pointless outing.

THE RATING: Missed the game because of the early start? Don't worry — this one was a yawner. 2 out of 5 stars

THE NEXT GAME: The Canucks will stay in the Big Apple for a tilt tomorrow against former captain Markus Naslund and the New York Rangers.

No favourites in Grey Cup contest

YorkReport

Marty York

marty.york@metronews.ca

The Alouettes lost only two of their 10 home games this season — one of those was a meaningless match in which their all-star quarterback did not play — and yet they are not favoured for Sunday's Grey Cup game in Montreal.

No, the oddsmakers decided yesterday to make the game between the Als and the visiting Calgary Stampeders a pick, meaning bettors will have to lay $1.10 either way to win a dollar.

"If the game were being played at a neutral site, Calgary definitely would be favoured," Canadian handicapper Randall (The Handle) Steinberg, who is primarily responsible for establishing point spreads on CFL games, told me yesterday.

"The Stampeders come out of a much tougher division in the West and they didn't get to play the weaker Eastern teams as much as Montreal did. So, in reality, Calgary is the better team. But home-field advantage matters, and Montreal has that, so the game has to be a pick."

But the Stamps will need to play better than they did last Sunday, when they edged the B.C. Lions 22-18 in the Western final.

Other than linebacker Mike Labinjo, a Torontonian who recorded eight tackles and three sacks, no Calgary player was spectacular.

The Als, on the other hand, turned in a first-rate performance in their Eastern final victory over the Edmonton Eskimos. They weren't even penalized once all game.

So you might be inclined to pick Montreal over Calgary this Sunday. Not so fast, though. I'm taking Calgary, and I'll explain why later this week.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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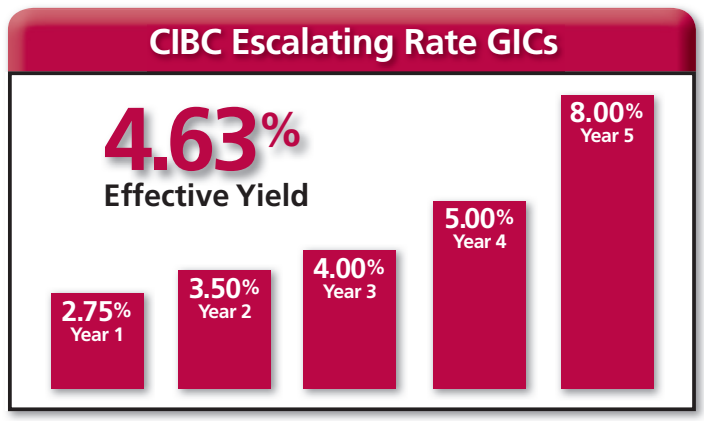

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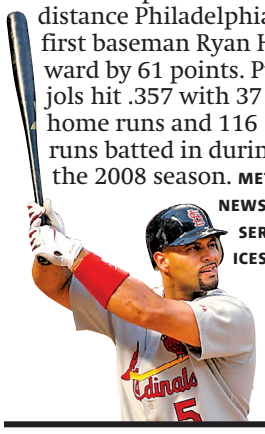
Cardinals' Pujols wins NL MVP

MLB St. Louis Cardinals first baseman Albert Pujols has been named the National League's most valuable player, as voted on by the Baseball Writers' Association of America.

Pujols, who won this award in 2005 and is a four-time runner-up, garnered 369 points to outdistance Philadelphia first baseman Ryan Howard by 61 points. Pujols hit .357 with 37 home runs and 116 runs batted in during the 2008 season. METRO NEWS SERVICES



Dawson leads Browns past Bills

NFL Phil Dawson's 56-yard field goal gave the Browns the lead with 1:39 to play, and Rian Lindell pushed his 47-yard attempt wide right in the final minute as Cleveland held on for a 29-27 win over the slumping Bills in Buffalo last night. METRO NEWS SERVICES

Sports in brief

NBA Boston Celtics forward Kevin Garnett has been suspended for one game without pay for throwing a punch at Milwaukee Bucks' Andrew Bogut. METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

N.Y. Islanders 2 **VANCOUVER** 1 (SO)
Boston 3 Toronto 2
N.Y. Rangers 2 Ottawa 1 (SO)
Detroit 4 Edmonton 0
San Jose 4 Nashville 1

NBA

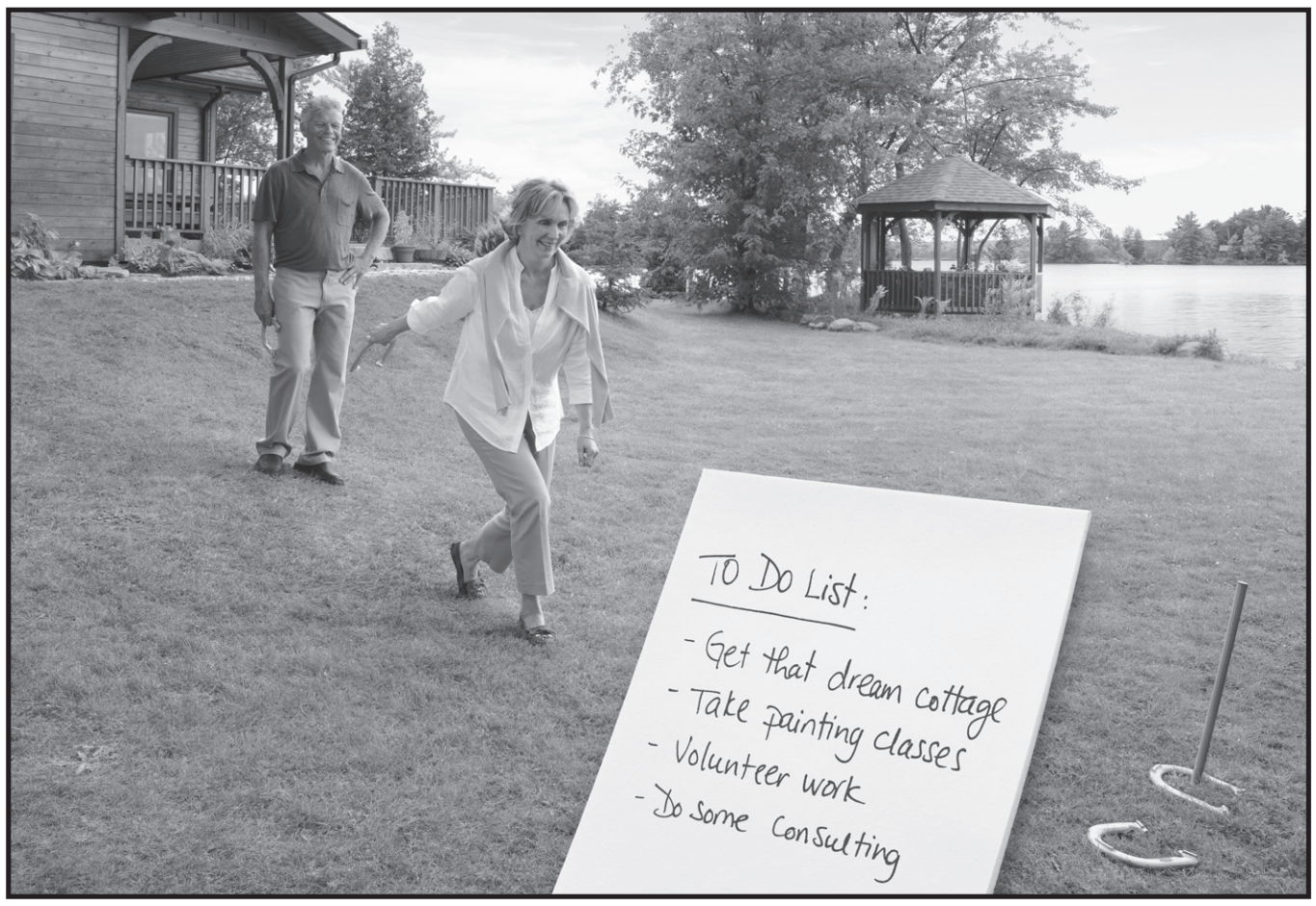
YESTERDAY'S RESULTS

Houston 100 Oklahoma City 89
Utah 109 Phoenix 97
San Antonio 86 L.A. Clippers 83

NFL

YESTERDAY'S RESULTS

Cleveland 29 Buffalo 27



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What it costs
Diabetes resulted in $884 million in direct health-care costs in 2000. Indirect costs in lost productivity and premature death added $1.7 billion to the economy. **CANADIAN DIABETES ASSOCIATION**

Health

High price to pay

A person with diabetes incurs medical costs two to three times higher than a person without diabetes. A person with diabetes can face direct costs for medication and supplies ranging from $1,000 to $15,000 a year.
TORSTAR NEWS SERVICE

Diabetes on rise

BRIAN TOWIE
Metro Canada

Diabetes isn't going away. It's getting worse.

November marks National Diabetes Month, and medical professionals have been getting the word out on this disease, which afflicts more than two million people across the country and kills more than 40,000 Canadians every year. The numbers are only expected to go up, say experts, and depending on your lifestyle choices, you could be more at risk than you think.

"Diabetes is increasing at a dramatic pace. It is estimated that about 8 per cent of the Canadian population has diabetes — 90 per cent with Type 2 diabetes and 10 per cent with Type 1 diabetes," says Dr. Vincent Woo, chair of the clinical and scientific section at the Canadian Diabetes Association.

By the end of this decade, the number of Canadians who suffer from diabetes will reach three million, according to a recent report. There are a number of reasons for the increase besides age. Certain ethnic groups are at higher risk for the disease. Obesity and lack of physical activity are also contributing factors. More education on diabetes prevention is needed, adds Woo, because the disease's effects are serious and lead to many complications.

"Diabetes education is clearly needed to identify the problem early and to identify those at risk so that steps can be taken," he said. "Diabetes is the leading cause of blindness in working-aged adults, leading cause of end stage kidney failure, leading cause of non-traumatic amputation and individuals with diabetes have a two to four times higher rate of heart attacks. Heart attacks occur 10 to 12 years earlier, and have a worse outcome than those without diabetes."

You can reduce the risk of developing Type 2 diabetes by watching your diet.

Research is still being conducted on what causes Type 1 diabetes — experts believe genetic factors and exposure to viruses are involved. But scientists advise early detection is a key to managing Type 2 diabetes. You can reduce the risk by watching your diet and getting more active.

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Calling all Game Widows

The J Spot
Josey Vogels
Sex talk with Josey

The tragic death of Ontario's Brandon Crisp — who died after running away from home after a gaming argument — has raised serious concerns about teens and online gaming. But parents aren't the only ones struggling. If you've heard "Five more minutes, hon" one too many times from your beloved, you may be a Game Widow. And the consequences can be equally serious.

Game Widow author Wendy Kays tells me about one couple in which the husband was a stay-at-home dad, except his obsessive online gaming habit left little time for parenting. Through the game he met a female avatar (your online character) and married her online, convinced he wasn't cheating because it was only a game. When his teenage son discovered this, his father told him not to tell mom, showering the boy with gifts and attention to keep him quiet. The son eventually attempted suicide.

With the explosion of MMORPG's (massively multi-player online role-playing games, like Second Life and World of Warcraft), the number of online gamers is growing, ergo, the number of Game Widows. Only about 10 to 20 per cent of those who play these games become obsessed, but considering that World of Warcraft alone has about 10 million players worldwide, based on population statistics, there are probably one million Game Widows for that one game alone. "And that's lowballing it," says Kays.

How do you know if your partner has a problem? "It's hard to put a number on it. In fact, some people like that their partner spends so much time online because it frees them up to do what they want. I say that if you are emotionally involved with a game you've never played, you're a Game Widow," says Kays.

As a former Game Widow herself, Kays suggests you disengage with the person and the activity. "Don't bring them food or take care of their chores while they play, and stop apologizing or making excuses when they don't show up for family events ... because they'd rather be gaming."

Then, map out a "game time" and "you time" calendar together. "When we did it, I stopped nagging because I knew my time was on the calendar," says Kays.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Rowling to give book proceeds to orphans

Harry Potter author J.K. Rowling hopes to make $30 million US for orphaned children with the profits from her new book. The writer will hand the proceeds from The Tales Of Beedle The Bard to the Children's High Level Group, which provides support for parentless kids in Eastern Europe. IMDB.COM

Entertainment

Model host

Jay Manuel will be back as host for the next season of Canada's Next Top Model on CTV. Auditions for contestants continue until Dec. 22. Information at model.ctv.ca.

TORSTAR NEWS SERVICE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Latest Bond rules global box office

MOVIES The latest James Bond thriller dominated the box office in much of the world during the weekend, boosted by a record opening in North America.

Quantum of Solace sold $70.4 million US worth of tickets in its first three days of release across the United States and Canada.

The new film also earned $56.1 million in 73 countries during the weekend. for a foreign total of $251.6 million. REUTERS

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Everything's OK with Serena

Singer blends soulful vocals with folk rock

BRIAN COULTON
for Metro Canada

When Serena Ryder won the Juno Award for best new artist in April, many were left scratching their heads.

"They probably think I'm a lot more talented than I actually am!" Ryder says, laughing.

Surely, it was not in criticism of Ryder's deservedness of the accolade. But to them, her name was nothing new at all. She's just one member of a group of underrated Canadian female singer/songwriters, which also includes Emm Gryner, Damhnait Doyle and Esthero.

Ryder may have been active in the Canadian music industry for years before nabbing the Juno, but in collecting the honour, the 25-year-old found opportunity for self-renewal.

"That's kind of a global desire to have that newness in the world, to feel like you're starting over again and to have a fresh start," she says. "I think it's amazing that they believe I'm at the beginning of my career. That gives me the inspiration to go a lot further."

While the acknowledgement wasn't needed, it did reassure her that the industry was finally becoming more receptive of her. "It's given me that feeling inside my belly that I feel like I have the support behind me," she says. "That's one of the most important things, as a human in this world, to have that support and know your peers and family are all behind you."

That level of endorsement resulted in the emotionally fitful soul bearing contained on Is It O.K., Ryder's new studio album. With her indefinably strong but savoury vocals and guitar-led folk rock instrumentation, Ryder says she was able to release the pain she was feeling, which she says is typically suppressed by most.

"That pain is an important part of our lives. A lot of this record was me allowing that pain to come out and to be present in the process."

Her lead single, Little Bit of Red, exemplifies that liberation. At the height of the song's chorus, Ryder sings, "Your black and white needs a little bit of red," reflecting on her frustration with constant human urge for self-definition in order to feel comfort.

"I like to think of the line as maybe even bleeding a little bit," she says.

EMI MUSIC PHOTO

Serena Ryder won the Juno for best new artist earlier this year.

"The song is really about trying to fit yourself into those boxes and using those boxes as excuses for a lot of your fears. But humans are multi-faceted beings. There's never one thing that can define us."

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GETTY IMAGES

Seal's new album has Soul.

Seal celebrates change with album of Soul covers

A "collective consciousness" that led to the election of Barack Obama is what inspired Seal to record his latest single, a cover of Sam Cooke's A Change Is Gonna Come, and the other R&B covers on the British singer's new Soul album.

"The initial inspiration came from what I perceived to be a collective consciousness of people," Seal told Billboard, "not only in America but around the world, saying, 'Look, the whole place is in turmoil, the economy's in the toilet, people are reckless, frustrated and irresponsible.' And I think the collective got together realizing there's something that needed to change."

Seal recorded A Change Is Gonna Come with David Foster and filmed a video for the song "that we were just going to put out on the Internet so people would feel as if they weren't alone in their quest for answers and relief. And then David saw the video and said, 'Look, this is incredible. We can't stop here. You just have to keep going,' and so we did. Three weeks later, we had an album." REUTERS

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Caine honoured
Michael Caine was given an award for outstanding contribution to showbusiness in London. IMDB.COM

School doesn't prep for all life

HineSight

Anne Hines

I think I've learned a very important life lesson.

No one can teach you what you really need to know.

When my younger daughter, Becky, went to university this fall, her dad and I hoped she'd learn many useful things.

Ideally, some of it would be in the classroom.

So far, Becky has shared that she now knows mixing shooters with beer is a bad idea.

How will we achieve the wisdom we need? By living.

And, if you leave a pizza unattended in the coed lounge while you go grab a Coke, you're going to have to learn to live with disappointment.

Becky has learned a few academic lessons as well.

Unlike high school, she no longer leaves her classwork for the night before it's due.

University libraries are open 24- hours. Now she leaves it until the morning it's due.

To be fair, I recall learning some less-than-useful things when I was in college.

In a first year philosophy course, our main exam question was,

"There is a chair in a room. If you leave the room, does the chair still exist?"

We were asked to list what possible questions this concept poses.

My answers included, "If you're not in the room, who cares if the chair is still there?" and, "Is the chair facing a television?"

Needless to say, I did not do particularly well on that test. I did get a marginally better grade than my classmate who asked, "Is there a matching ottoman?"

These days I'm back at university studying to be a United Church minister.

Once again, I've realized that what we learn in a classroom doesn't always prepare us for real life.

What I've come to believe about religious texts is, if they leave you feeling you have all the answers, you're probably not asking yourself the right questions.

My school work assignment is being student pastor in an end of life care hospital.

The first day, I broke a light in the lounge, set off the medic alarm in five separate rooms and almost lost a patient down a ramp as I attempted to fix his wheelchair brake.

A nurse called me over as I was leaving. "These people are dying already, honey," she said gently.

"They don't need your help."

When it comes to Becky's life, or mine, perhaps no school can teach us what we really need to know.

Perhaps the really important lessons aren't taught in the classroom. So, how will we achieve the wisdom we need?

By living.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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New season, new rumours

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

PROVING A NEGATIVE: American Idol begins in a couple of months, which means it's time for the annual "Paula — nuts or toast?" rumours. They've begun right on schedule, with a denial by her publicist (there's a job you'd take only if the alternative was incurable cancer) published in the Los Angeles Times, in response to a rumour that apparently started with OK magazine before gaining traction on Perez Hilton's website.

Excuse me for a second while I ponder this dubious chain of information.

It's the sort of questionable authority that would make me doubt basic laws of physics should they confidently report on rumours of gravity or photosynthesis in action.)

"It's absolutely untrue," said Abdul's publicists in response to the story that she was leaving the show, though a further rumour was offered up by a nameless source that it was a ploy by Abdul to renegotiate her contract.

From where I'm sitting, it's a tactic somewhere up there with the fundraisers at your old school telling you that the alma mater will cease to be if you don't write a cheque now.

Another rumour proved untrue was the one that NBC had canceled Lipstick Jungle, which prompted fans to start sending the network — get ready for it — lipstick in protest.

Rick McGinnis writes about music, movies, books and television, but not opera.

Trailer park boys soon say goodbye

The Trailer Park Boys will soon be no more.

PHILIP CROUCHER
Metro Canada

After seven successful seasons, the cult favourite Canadian mockumentary TV series set in a fictional Nova Scotia trailer park is coming to an end in the fall of next year.

Creator Mike Clattenburg broke the news recently in a blog posting on the Showcase website. There will be a one-hour TV special on Showcase on Sunday, Dec. 7 at 11 p.m., followed by a sequel to their hit movie which will hit Canadian theatres in October 2009.

But after that, it's so long to Ricky, Julian, Bubbles and the rest of the Sunnyvale gang.

"Yes, it's the end of Trailer Park Boys," Clattenburg wrote on his blog. "Our fans have been so supportive and inspiring that we wanted you to be the first to know.

"Much love and thanks from all of us at Sunnyvale Trailer Park."

Trailer Park Boys began in 2001 and quickly gained a cult following with the lead trio of Robb Wells (Ricky), John Paul Tremblay (Julian) and Mike Smith (Bubbles) becoming Canadian stars. The series revolves around Ricky, Julian and Bubbles as they continually screw up get-rich-quick schemes while being followed by a documentary film crew.

Trailor Park Boys became the highest-rated Canadian show on specialty TV in 2004, and that same year, also won the Gemini Award for Best Comedy Series. In 2005, it won the Gemini for Best Ensemble Performance in a Comedy Series. Clattenburg released the Genie-nominated film Trailer Park Boys: The Movie in 2006.

For DVD reviews, including Disney and Pixar's latest, WALL-E, visit metrotronews.ca/entertainment

Margulies turns down ER stint

Former ER star Julianna Margulies turned down an invitation to reprise her role for the final series of the medical drama because she doesn't think her character's storyline can be improved. IMDB.COM

A festival of food

Practising with Moxie's executive chef John Humphreys, centre, for their Bocuse d'Or competition in Lyon France in January are Canada's top picks — David Wong, left, and apprentice Grace Pineda.

Adding extra glam to the Starlight Children's Sparkle gala fundraiser are organizer Erin Hochstein, left, and MC Laura Lynn, host of TV's The Daily.

Whistler's fabulous Nita Lake Lodge took the opportunity during Cornucopia celebrations to introduce executive chef Julian Owen-Mold, whose talents are sure to draw international attention.

SocialEyes

Catherine (Cat) Barr

info@catherinebarr.com

I've always known Vancouver and Whistler to be great for chefs, restaurants and foodies alike, but this month, it seems like both Whistler and Vancouver are gearing up for the big time. Whistler's famous Cornucopia festival of food and wine featured world-class winemakers dinner and more featuring chefs like Bearfoot Bistro's Melissa Craig and Araxi's James Walt. David and Manjy Sidoo, owners of Vancouver's Lumiere, held a private reception to introduce New York sensation Daniel Boulud who will work with chef Dale Mackay here in Vancouver. And everyone who's seen the chandeliers lit up from Georgia Street knows that construction of the new Shangri-La hotel is on schedule and due to open up in January with powerhouse chef Jean-Georges Vongerichten in tow. Meanwhile, a last shout out goes to the gang at the new 100.5 The Peak radio station who blew the roof off Seasons in the Park last week with a live launch and world rock format that is sure to climb to the top of the charts.

Cat calls? Submit your event at catherinebarr.com. She can also be heard on 650 CISL AM Radio every Tuesday at 8:40 a.m.

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Turning up the heat at the big opening of Burnaby's Grand Villa casino are the Voltage Girls.

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VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E! News	The Insider	The Biggest Loser: Families (N) (CC)				The Best Years		News (N)
	254	-	8	M	Two/Half Men	Two/Half Men	News (In Mandarin N)		News (In Cantonese N)		News (In Punjabi N)		Metropia
	250	321	9	CTV	etalk (CC)	Hollywood	Law & Order "Lost Boys" (N)		Dancing With the Stars (CC)		Law & Order: SVU		News (N)
	-	-	10	OMNI	Scrubs (CC)	According-Jim	Islam 101 (CC)		Jozi-H "Life After Death"		The Daily	The Search	New Day
	252	336	11	GTV	Entertainment	ET Canada	House "Emancipation" (N)		(:01) 90210 (N) (CC)		Kitchen Nightmares (N) (CC)		News (N)
	256	389	12	VI	Instant Star	TMZ (N) (CC)	Pushing Daisies (N) (CC)		(:01) Fringe "The Equation"		Eli Stone "The Humanitarian"		News (CC)
	253	359	13	CITY	Law & Order: SVU		Rita Rocks	Rita Rocks	Privileged (N) (CC)		Hates Chris	Friends (CC)	EP Daily
	-	-	14	CW	Deal-No Deal	Deal-No Deal	90210 (N) (CC)		Privileged (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	NCIS "Cloak" (N) (CC)		The Mentalist "Seeing Red"		Without a Trace "Rewind" (N)		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	The Biggest Loser: Families (N) (CC)				Law & Order: SVU		News (N)
	602	568	19	W	Will & Grace	Friends (CC)	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (N)		Dancing With the Stars (CC)		(:02) Eli Stone (N) (CC)		News (N)
	-	-	23	KVOS	M*A*S*H	Seinfeld	Easy Money ★★ (1983) Rodney Dangerfield, Joe Pesci.				King	Still Standing	Scrubs (CC)
	291	383	27	PBS	Steves Europe	About-Money	Nova "The Bible's Buried Secrets" (N) (CC) (DVS)				Independent Lens (N) (CC)		Kilowatt Ours
	290	382	28	FOX	Two/Half Men	Two/Half Men	House "Emancipation" (N)		(:01) Fringe "The Equation"		News (N) (CC)		Family Guy
	-	364	43	PBS	Independent Lens "Lioness" (N) (CC)			Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34	SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	65	TLA	Two/Half Men	Two/Half Men	90210 (N) (CC)		Privileged (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	67	WPX	CW11 News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76	STR	News (N)	News		Late Show-Letterman		(:37) The Biggest Loser: Families (N) (CC)			Will & Grace
news	502	390	26	NW	Fixing My Brain (N) (CC)		CBC News: The National (N)		CBC News: The National		Fixing My Brain (CC)		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	World Combat League (CC)		Hockey	Red Bull: Air	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	SportsCentre	That's Hockey	SportsCentre	In This Corner	Boxing Jeff Lacy vs. Jermain Taylor. (CC)				SportsCentre
	411	457	49	OLN	Which Way to... (CC)		Pilot Guides (CC)		Don't Forget Your Passport		Survivorman (CC)		Angry Planet
	410	403	54	SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage		Final Score
	417	406	55	SC	Unique Whips	Hot Import	2010 Mustang Reveal		Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips
	416	409	144	GLF	(6:00) Fútbol de España		Gol TV News		Hallo Bundesliga		Paid Program	Kings Club	Gol TV News
family	552	543	25	YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	60	TEL	George	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Chicken	Rick & Steve
	557	541	61	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56	TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5	KNO	Gardens	Recreat. Eden	World of Albert Kahn		The Museum	Art	Wild Blue Yonder (N) (CC)		Homefront
	575	583	20	CMT	Hope & Faith	Hope & Faith	Dallas Cheerleaders		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24	MM	Dance	On Set: Girl	MuchTopTens (CC)		Pimp My Ride	disBand	Technical Diff.	Video on Trial	Video on Trial
	600	564	29	H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31	A&E	The Rookies	The Rookies	Jacked: Theft	Jacked: Theft	The First 48 (CC)		The First 48 (CC)		The Rookies
	628	584	32	SPKE	UFC Unleashed		MANswers (N)	MANswers	CSI: NY (CC)		CSI: NY "People With Money"		CSI: NY (CC)
	521	560	34	TLC	Dr. G: Medical Examiner		My Shocking Story (CC)		Mystery Diagnosis (CC)		Dr. G: Medical Examiner		Wild Child
	616	522	39	SHO	About a Girl	About a Girl	The Best Years		Testees (CC)	Trailer Park	The Shield "Petty Cash"		House (CC)
	620	523	40	BVO	The Bravo! Concert Hall (N)		Law & Order "Killerz" (CC)		Without a Trace (CC)		The Bravo! Concert Hall		Justin Hines
	601	562	41	SLC	Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride (CC)		Tori & Dean: Home		Trading Sp
	520	505	42	DIS	Dirty Jobs (CC)		Daily Planet (CC)		Destroyed	Destroyed	Dirty Jobs (CC)		How It's Made
	522	506	44	HIS	NCIS "Doppelganger" (CC)		Outlaw Bikers Expansion.		Ax Men "Market Meltdown"		NCIS "Doppelganger" (CC)		Crime Stories
	627	528	45	SPC	Rabbit Fall (N)	The Circuit	Stargate SG-1 (CC)		Lost "Lockdown" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47	TBS	The Office	The Office	Frank TV (N)	Sex and-City	Sex and-City	Ellen's Really Big Show			Frank TV
	619	525	48	TROP	Beverly Hills, 90210 (CC)		Planet Soap	What	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	52	FN	Chef School	At the Table	Restaurant Makeover (CC)		Challenge (CC)		The F Word		Chef School
	626	547	57	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	320	621	60	CEN	(6:15) Nitro (2007, Action) (CC)		Control (2007) Sam Riley, Samantha Morton. Premiere. (CC)				Joy Division ★★★ (2006) Premiere.		
	581	566	101	MTV	Paris Hilton's My New BFF		MTV Live	After	Man and Wife	The Hills	Paris Hilton's My New BFF		MTV Live
	261	394	102	V	Jonestown Paradise Lost Leo Ryan's fatal journey. (N) (CC)				Bless-Father	On the Buses	Quantum Leap (CC)		Paid Program
	-	-	109	MUL	Matchmaker	Mom's-Upset	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Law & Order: Special Victims Unit

Detective Stabler (Christopher Meloni) arrives on the scene of a young woman's murder to find the victim carrying a dead bird — a rare species — in her purse. Confusing things further, Dr. Warner (Tamara Tunie) discovers that the saliva found in the cuts on the victim's body shows she was mauled by a tiger. So Stabler goes under cover to gain access to an animal-smuggling ring. 10 PM on NBC, 10:02 PM on CTV

The Bravo! Concert Hall

If you've heard Divine Brown sing, you know her name is an apt description of her voice. In this new episode, the Toronto-born singer with the five-octave range performs songs from her new album, "The Love Chronicles," along with her self-titled debut recording from 2005. The newer album has lots of music inspired by the tunes she listened to growing up, so for folks of a certain age, it'll feel new yet familiar. 7 PM on BVO

Sweetin inks deal for sobering memoir

Former Full House child star Jodie Sweetin has signed a six-figure deal for her forthcoming memoir about her battle with drugs and alcohol. The book, tentatively titled Wild Cards, comes three years after she kicked the habits. IMDB.COM

Celebrity Buzz

Pam goes punk as Westwood model

MODELLING Former Baywatch beauty Pamela Anderson will replace her famous red swimsuit with more offbeat attire — she is to model for punk fashion designer Vivienne Westwood, imdb.com says.

The actress has reportedly signed a six-figure deal to be the face of British designer Westwood's spring/summer range next year.

A source tells Britain's Mail On Sunday newspaper, "Vivienne and a team of stylists and photographers jetted to Los Angeles last week to shoot Pammie in the new campaign.

"She met Vivienne at one of her parties last year and they hit it off. Vivienne loves the quirkiness of having Pam in one of her campaigns."

Westwood's outrageous designs became popular with Britain's punk rock bands in the 1970s.

METRO NEWS SERVICES

Straight Lindsay set to leave Sam?

RELATIONSHIPS Lindsay Lohan is reportedly set to split from girlfriend Samantha Ronson — because she has realized she is not gay, imdb.com reports.

The pair sparked gossip about the extent of their friendship when they were spotted kissing and cuddling in Cannes, France, earlier this year.

Now it is claimed Lohan is getting tired of Ronson's constant presence — and is starting to question her own sexuality.

A source tells British newspaper the News of the World, "Linds is on the brink because Sam won't leave her side. Whenever she does, Lindsay's on the phone telling her mates she's decided she's not a lesbian.

"Of course she still has feelings for Sam — but she also feels like she has to escape."

METRO NEWS SERVICES

Kidman superstitious about her marriage

RELATIONSHIPS Nicole Kidman is so determined to make her marriage to Keith Urban last, she "touches wood" every day for good luck, imdb.com reports.

The Oscar-winning actress wed the country singer in June 2006, and they had their first child together — daughter Sunday Rose — in July.

But the Moulin Rouge star insists she and her husband have to work hard at their marriage if it is going to last the distance.

Kidman tells USA Today newspaper, "We're both willing to move mountains to make it work and, with that, you still touch wood. You commit to it and say, 'Whatever we can do that's humanly possible, we're going to do.' And that's it.

"I don't take any of it for granted. To have love again is a beautiful thing."

Kidman divorced first husband Tom Cruise in 2001. The pair has two children together; Isabella and Connor.

METRO NEWS SERVICES

Beckinsale won't keep it casual

RELATIONSHIPS Kate Beckinsale refuses to dress down as she believes it would ruin her marriage, femalefirst.co.uk reports.

The Pearl Harbor star hates going without makeup when she isn't working because she thinks her husband, director Len Wiseman, "would be a bit upset if I did."

"It's nice to feel like you're wooing the other person a bit, as once it degenerates into wearing yesterday's sweatpants and farting on the sofa, you lose a bit of the spice," she said.

"You've got to keep up the seduction phase — it's fun."

METRO NEWS SERVICES

Kiefer to move for N.Y. girlfriend

RELATIONSHIPS 24 star Kiefer Sutherland is planning to move to New York City from California, so he can be closer to his journalist girlfriend, Allure magazine style director Siobhan Bonnouvrier, imdb.com reports.

And, he can't wait to live in New York: "There's a sexiness to the people here that's extraordinary. Everybody's full of purpose. No one's just f—king around."

METRO NEWS SERVICES

Taylor hopes to become Dr. Swift

PLANS Teen star Taylor Swift has another career in mind if she tires of singing country music — she hasn't let go of her dreams of becoming a surgeon, femalefirst.co.uk reports.

The 18-year-old singer clings to hopes of a career in medicine, after being named her high school's best dissector in biology class.

METRO NEWS SERVICES

Willis' independent streak

CAREER Hollywood newcomer Rumer Willis refused to take any favours from her famous parents, so she could make it as an actress in her own right, imdb.com reports.

The daughter of divorced Hollywood power couple Bruce Willis and Demi Moore was determined to carve out her own career, without being accused of benefitting from her parents' connections.

And Willis is starting to make her own mark on the industry; she recently landed roles in The House Bunny and forthcoming film Wild Cherry.

Dad Bruce says, "She sat us down and said, 'I know you two think you're big shots, but I don't want any help.' And she went off and got work on her own."

Although she now refuses help from her famous parents, Willis' Hollywood career was kick-started by appearances in their films, including Moore's Striptease, and with father Bruce in The Whole Nine Yards and Hostage.

METRO NEWS SERVICES

Is Ferrara 'special person' to Sigler?

DATING Former Sopranos star Jamie-Lynn Sigler has hinted rumours she is dating Entourage star Jerry Ferrara are true, imdb.com reports.

Sigler refuses to confirm they are dating, but says, "He is a special person."

But the star admits her pickiness makes it hard to date: "It takes a lot for me to even want to kiss someone. I have to have a connection and those are rare for me."

METRO NEWS SERVICES

Idol girlfriend calms Cook

RELATIONSHIPS Amid all the American Idol craziness, last year's champ David Cook finds peace and perspective with the help of girlfriend and former Idol contestant Kimberly Caldwell, People.com reports.

"She's a nice break from the chaos," he says.

Just don't ask if they like to do duets. "No, we don't," says Cook.

METRO NEWS SERVICES

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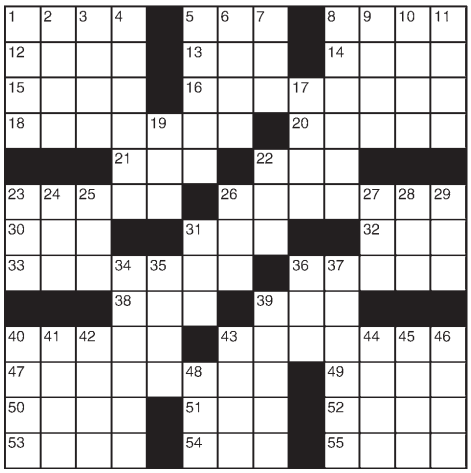

Crossword across

1 Easter entree
5 Old, in the dict.
8 Hooters
12 Curved molding
13 Bikini half
14 Bog matter
15 Gator's cousin
16 2008 Shia LaBeouf movie
18 "M*A*S*H" character
20 German painter Max
21 Golfer Ernie
22 Merit badge org.
23 Amulet
26 Marble type
30 Apply lightly
31 Carpet
32 Solemn promise
33 Sleep
36 Line
38 Census statistic
39 Chignon
40 In the group of
43 Marksman
47 Big name in frozen food
49 Summertime desserts
50 Otherwise
51 Pismire
52 Historic times
53 Apocalypse
54 In medias —
55 Foolproof

Crossword down

1 Ness or Lomond
2 Taj Mahal city
3 Cat call?
4 Ted Danson sitcom
5 Follows orders
6 Scottish hillside
7 Droop
8 Met shows
9 Alternative rock group
10 Potato chip brand
11 Undo a dele
17 For fear that
19 Shade provider
22 Satchel
23 LPs' successors
24 Scoffer's laugh
25 — Dhabi
26 Poolroom stick
27 Previous night
28 Second person
29 Lamb's dam
31 "Catcher in the —"
34 Partnership, in a sense
35 Quiche maker's needs
36 Sine-non link
37 Briefs et al.
39 Borscht ingredients
40 Sleeping
41 Venus de —
42 Approximately
43 Unit of force
44 Beige
45 Calendar quantity
46 Being, to Brutus
48 Corn spike

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8			4	2			
2	9			3		6		4
		3	9			8	5	
	3	6			4		2	1
			7		6			
9	4		1			5	6	
	7	1			5	3		
6		4		7			8	5
			4	8			7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

G	I	V	E	■	M	O	P	■	M	A	S	T
A	D	E	N	■	E	V	E	■	E	C	H	O
N	E	A	R	■	C	A	N	A	D	I	A	N
G	A	L	O	S	H	■	S	M	I	D	G	E
■	■	■	O	P	A	L	■	P	U	T	■	■
C	A	N	T	I	N	A	S	■	M	E	A	T
B	R	A	■	T	I	M	I	D	■	S	P	A
S	E	T	S	■	C	A	N	I	S	T	E	R
■	■	■	I	N	N	■	S	C	A	M	■	■
S	H	O	O	E	D	■	L	L	A	N	O	S
C	A	N	B	E	R	R	A	■	R	O	L	E
A	R	A	B	■	U	B	I	■	T	A	L	E
R	E	L	Y	■	M	I	R	■	S	H	A	M

3	9	4	1	8	7	2	6	5
8	1	2	4	6	5	9	7	3
7	6	5	9	3	2	8	4	1
6	2	9	5	4	1	7	3	8
4	7	1	8	9	3	6	5	2
5	3	8	2	7	6	1	9	4
9	4	3	7	1	8	5	2	6
1	5	6	3	2	9	4	8	7
2	8	7	6	5	4	3	1	9

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken with Apricots and Cumin

INGREDIENTS:
2 tbsp (25 mL) sunflower oil
8 chicken thighs, about 1 lb (500 g) in total
1 onion, sliced
2 garlic cloves, chopped
1 tsp (10 mL) ground cumin
1 tsp (10 mL) ground cilantro
1 2/3 cups (400 mL) chicken stock
3 carrots, halved crosswise, then each half cut into 6 to 8 thick pieces
1 bulb fennel, halved lengthwise, then cut crosswise into slices
5 ripe but firm apricots, pitted and quartered
Salt and fresh-ground black pepper
Chopped fennel leaves from the bulb, or herb fennel

METHOD:
1. Heat oil in a large Dutch oven over medium heat. Add chicken thighs and sauté until golden brown all over, 5 to 10 minutes. Remove from the pot. Add onion and garlic to Dutch oven and sauté until soft and golden, about 5 minutes.
2. Stir in cumin and cilantro and sauté 1 minute. Pour in stock, and return chicken to the Dutch oven together with carrots and fennel. Bring to a boil and stir well. Reduce heat, cover, and simmer until chicken is tender and juices run clear when the thickest part is pierced with a knife, about 30 minutes. Uncover and, if there is too much liquid, boil to reduce slightly.
3. Add apricots to Dutch oven and stir gently to mix. Simmer over low heat 5 minutes longer.
4. Season to taste with salt and pepper, sprinkle with fennel leaves, and serve with rice or potatoes.

PER SERVING
360 calories, 24 g total fat, 6 g saturated fat, 12 g carbohydrate, 13.3 g fibre, 22 g protein
SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You don't have to bear a pointless burden. Someone is found guilty of showing disrespect. Restrain your temper if alarmed by a loud noise.

TAURUS
APRIL 21-MAY 21
Tears will be in someone's eyes. A neighbour's woes will have a direct impact. A good connection is made with a gleeful person.

GEMINI
MAY 22-JUNE 21
Take heed of a warning. Control your mind and be brave. Don't expect a distasteful man to understand anything.

CANCER
JUNE 22-JULY 22
You're wiser than you feel. Tell the truth about a bad situation. People are pleasant for a good reason.

LEO
JULY 23-AUG 23
Make decisions based on a lack of support. Existential loneliness is the upshot of the latest crisis. Shape the future with yesterday's hero.

VIRGO
AUG 24-SEPT 22
A brave man gives you pleasure. Your sense of judgment is impaired by misdirection. A blabbermouth's falsehood is discovered.

LIBRA
SEPT 23-OCT 23
Everything will work out for the best. A persuasive person wins peoples' hearts. Someone begins a new chapter in their life.

SCORPIO
OCT 24-NOV 22
Material goods become a divisive issue. What you see is what you get. The dictates of a good conscience will smooth a path.

SAGITTARIUS
NOV 23-DEC 21
Imagine the possibility of being free. Socialize with a fabulous man to change your status. It's up to you to fix a dire situation.

CAPRICORN
DEC 22-JAN 20
You'll be the most stable person in a group. A sympathetic approach helps a perplexed friend. Be sure to rest later.

AQUARIUS
JAN 21-FEB 18
Bad times won't last forever. Lower your expectations to find peace. Spend more time enjoying the company of friends.

PISCES
FEB 19-MARCH 20
You'll find out what you really need. A coward will confess with shame. An isolated person takes pleasure in your efforts.

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